THE TIMES-VIRGINIAN
PUBLISHED EVERY THURSDAY
IN THE HEART OF VIRGINIA'S DARK TOBACCO BELT
Appomattox, Virginia 24522
ESTABLISHED IN 1892

W. Lloyd Vaughan ..... Publisher and Editor
Beck Hudson ..... News Editor

Entered as second-class matter at the Post Office at Appomattox, Virginia, under the Act of Congress of March 3, 1879.

Address all correspondence to The Times-Virginian, Appomattox, Virginia 24522

Subscription rates: $6.00 a year in Appomattox, and all adjoining counties, $7.00 elsewhere in Virginia, Outside Virginia $7.50, payable in advance.
Member: Virginia Press Association

Single Copy: 15 cents

Prime Time

Boredom: What It Is And How To Fight It

by Cy Brickfield

Just about everybody knows the pain that comes from listening to a dull speaker — or spending an evening with people who have utterly nothing to say. At first you feel queasy and maybe light in the head. Then your eyes blur and pretty soon you can't concentrate. Consumed by a strange numbness, you suddenly find yourself suffering one of life's more annoying maladies: boredom.

Mercifully, the pain usually ends once you leave the lecture hall or get away from the dreary people. Almost instantly, your head clears up and shortly afterwards your intellectual sharpness returns. In no time you feel like your old self again.

But for some people the pain never stops. Regardless of circumstances, they feel empty, passive, and disinclined to act. They want something but they don't know what. In truth, they would like something else—or someone else—to supply the excitement. But they can't think of a thing that would satisfy. They're bored — chronically bored.

Obviously, chronic boredom is more severe than the momentary dullness produced by a tedious situation. Instead of going away this kind of boredom persists. The reason is that chronic boredom is internal. The cause is not "out there" but inside you, and you carry it around with you.

Trivial as it may seem, chronic boredom today is a serious disease. Each year, it anguishes millions and runs up huge social costs. Day after day, doctors' offices fill up with people who have nothing wrong with them except boredom. Some people turn to such things as gambling and drugs to escape the awful feeling. Others just succumb to torpor and listlessness.

While boredom afflicts all age groups, it is especially common, say therapists, among the middle-aged—people who, paradoxically, have worked hard all of their lives and always seemed too busy to be bored. But in midlife, profound changes occur. The children grow up and usually move out. No longer is there a need for extra jobs just to make ends meet, nor are there any more frantic midnight phone calls to the pediatrician.

Financially comfortable and once again alone, "the middle-aged wait expectantly for their postponed pleasurable life to begin," explains psychiatrist Haskell E. Bernstein, writing in the journal *Social Research*. "When it doesn't happen that way, they are distressed and puzzled, left wondering where they went wrong."

What's wrong, believes Bernstein, is that by midlife many people are unable to "directly and intensely" experience their own feelings—which is, he claims, the root of chronic boredom. The problem seems to be that such persons give so much to their families and jobs that they lose touch with themselves. So when the problems connected with raising a family or building a career fade away, the defense against chronic boredom begins to unravel. Suddenly, they find they really don't *know* themselves, or know what their real interests are. They become bored.

Tragically, sufferers all too often look for the explanation everywhere but inside themselves. They blame their marriages, their careers, their geographical location. Or they blame some other external circumstance.

Some people just surrender to boredom, preferring numbness to the agony of self-examination and painful change. Others turn to manic activity. Misjudging the problem, they all too often attack symptoms rather than causes, and thereby create the illusion of action. They swallow pills, buy new clothes, try weird diets, plunge into busywork.

Occasionally, they even go to greater lengths, engaging in sexual affairs, divorcing their mates, changing their jobs, and experimenting with new sensations. More often than not, the novelties wear off and excitement palls, leaving sufferers right back where they started: bored.

Because the sources of the malaise run so deep, it often takes courage to face up to the fact that you're bored. But that's a vital first step to defeating the internal variety of boredom. You also have to recognize that *you're* responsible for it—not anything or anyone else. This usually isn't easy.

Short of expensive analysis, there are common-sense things that victims can do to alleviate the pain of boredom:

If you count yourself among the chronically bored, the first thing you should do is diversify your interests and involvements. To begin with, commit yourself to some goal or idea outside your familiar world. Great potential rewards for bored people lie in working with handicapped and other needy persons, tutoring, working with hospital patients, or devoting time to the elderly.

At the same time, don't overlook the benefits that may flow from strenuous physical activity. Jogging, tennis, and participation in other sports do more than tone up the body. They also create excitement, thus to some extent putting you back in touch with your emotions.

Finally, look inside yourself. If you're suffering from the worst kind of chronic boredom, consider putting your real feelings down on paper. You may uncover the hidden conflicts and repressions that are at the root of your problem. And by so doing you may acquire a greater sense of control over your life and as a result increase your ability to shape it.

If your feeling of dullness and noninvolvement persists, you may need the service of a counselor. The danger is that unending boredom may be a symptom of depression, and that can be much more serious than boredom. In the end, boredom functions like pain. It's telling you that something is wrong, and that you ought to be doing something about it.

(Cyril F. (Cy) Brickfield is the executive director of the non-profit, non-partisan National Retired Teachers Association and American Association of Retired Persons in Washington, D.C.)

VACATION IDEAS

Ship Ahoy

If your sea legs aren't ship-shape, a unique vacation idea in warm southern waters will set you on the right course.

You can combine a "Learn to Sail" course that features intensive sailing instruction with the tennis, beach and fishing facilities at either the Hyatt House in Sarasota, Florida, the South Seas Plantation on Captiva Island, Florida, or the Treasure Isle Hotel in Tortola, British Virgin Islands.

What's included in the program at Offshore Sailing School, the country's oldest sailing school? The first four days combine two hours of intensive evening classroom instruction with three hours of on-the-water instruction, aboard the Olympic class *Solings*, each day. By the fifth day, Offshore head Steve Colgate, a former Olympic contender and writer of the "Learn to Sail" column in "Sail" magazine, guarantees that students will be able to sail without an instructor. The final two days of the course are devoted to practice sailing, topped off with a gala awards presentation.

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"The best mirror is a friend's eye." Gaelic proverb

The Pastor Speaks

The Easter season is over. The rainy sunrise service was held, as were the Holy Week Services, the Thursday and Friday services and celebrations. The response of the community to the there special events was good. The Easter season is over.

The results go on forever. The Lord is risen and somehow all of life is deeply effected. This event changes the complexion of life, like flipping the switch fills a room with light. A person who comes to meet the risen Lord cannot go on living like life was dismal, short and mean. Life now takes on new hope, new direction. Some even call it new life. A thankfulness begins to creep in, as the effects of Easter begin to work in our lives, and if God can work this good even by the death of His Son, maybe he can handle our small affairs and when we reach the point where we can allow Him to lead in our affairs, then the Easter effect will have transformed us.

I hope you had a happy Easter. It will be even happier if you can let it continue to dwell with you daily and when you pray, remember who you are, and the one to whom your prayer is addressed. If the prayer is addressed to God, it will involve your recognition of your inadequacies and his sufficiences to meet your needs. Easter teaches that.

Peter R. Hale,
Walker's Presbyterian Church
Appomattox C.H. Presbyterian Churches

THE BIBLE SPEAKS

BY LAWRENCE W. ALTHOUSE
Director of Christian Education, Sunday School Lesson

THE ANANIAS COMPLEX

Lesson for April 2, 1978

Background Scripture: Acts 4:32 through 5:11.
Devotional Reading: Romans 12:3-13.

I suspect that lots of preachers take an ill-disguised delight in the story of Ananias and Sapphira (Acts 5:1-11). It makes a perfect text for the Every Member Canvas or annual budget sermon.

The story is simple in outline.

Rev. Althouse

In a period when many of the disciples owned all things in common to meet the needs of the whole fellowship, a man and wife, Ananias and Sapphira, sold a piece of property and took the proceeds and laid them at the feet of Peter, the foremost apostle of the church. Ananias led Peter to believe that the money he was offering to the church was the complete revenue from the sale. Actually, it was only a portion.

The lie

To Ananias' shock, however, Simon Peter knew that he was telling a lie and he confronted him with his deception. Terrified to be discovered in his lie, Ananias dropped dead at Peter's feet. Later, his wife also came to Peter and, not knowing what had happened to her husband, repeated the same lie. She likewise died on the spot when accused by Peter.

Actually, the point of the story is not that Ananias and Sapphira did not give all the proceeds of the sale to the church. Peter made this clear when he said to Ananias: "While it [the property] remained unsold, did it not remain your own? And after it was sold, was it not at your disposal?" (5:4). In other words, the sharing of their worldly goods was completely voluntary. No one had to do it. Ananias and Sapphira made this decision on their own.

Where this couple went wrong, rather, was in trying to "have their cake and eat it too," as the old saying goes. They wanted to keep some of the profits (their privilege) while at the same time pretending that they were turning over to the church the whole amount.

Tempting the spirit

Actually, our stewardship problem as Christians today is not so much that we don't share enough—although we don't—but that, like Ananias and Sapphira, we pretend that we are giving a great deal more than we are. What we share with others is pitifully small, but the root of our sin—and that's what it is—lies in our protests that we are sharing "all we can." We give the impression that our giving is sacrificial, when, in fact, it represents a very small part of our income. We continually protest how little we have and at the same time are living in a material prosperity that is unequaled in the world's history. As Peter said to the tragic couple: "You have not lied to men but to God" (5:4).

If we want to continue to spend our money as we are doing, that is our choice. We may share as much or as little as we like. But let us not fall victim to the Ananias Complex and tempt God's Holy Spirit with the pretentious lie that we are sharing all we can.

(Based on outlines copyrighted by the Division of Christian Education, National Council of the Churches of Christ in the U.S.A. Released by Community Press Service.)

RECORD HIGH TRAVEL YEAR IN 1977

Continued From Page 1

accounted for nine percent of total retail sales. Travel spending fully supported 98,200 full-time jobs for Virginians and helped to support 88,960 more, for a total of 187,160 persons engaged in travel - related businesses in Virginia.

Indicating the dramatic growth of travel in Virginia over the past three decades, the report shows that total travel spending has risen from $190 million in 1948 to $1.88 billion in 1977. Concerning expenditures only by out-of-state travelers to or through the Old Dominion, the figure has risen from $113 million in 1948 to $1.11 billion last year.

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bring mi pennies
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1 Year Certificate*	6.50%	$1,000.00	6.66%
90-Day Certificate*	5.75%	$ 100.00	5.87%
Passbook Savings	5.25%		5.38%
Golden Eagle Accts.	5.25%		5.38%

*Substantial Interest Penalty Required For Early Certificate Withdrawals

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COUNTY LINE

Hope everyone had a nice Easter in spite of the bad weather.

Mr. Courtney Mann had the misfortune to get burned and will have to have skin drafted later. We wish him the best of luck.

Mr. and Mrs. Marshall Dickerson and Mr. and Mrs Thomas Sheppard of Brookneal, Mr. Thurman Mann of Phenix and Mr. and Mrs. L. B. Mann of Lynchburg and Mr. and Mrs. Roy Booth all visited in the home of Mr. and Mrs. Courtney Mann during the week end.

Mr. and Mrs. George D. Nash and family, Mr. and Mrs. Loyd Nash and Tina and Mrs. Linda Howard and children visited Mr. and Mrs. Elliott of Nash and Dawn Sunday.

Mr. and Mrs. Robert Mann and family of Fredericksburg spent the week end with Mr. and Mrs. Henry Mann.

Mr. and Mrs. Ryland Mann were dinner guest of Mr. and Mrs. Henry Mann on Saturday.

Robin C. Stewart Mann spent Sunday night with their grandparents, Mr. and Mrs. Henry Mann.

Mrs. Margie Goggin and Genia visited Mr. and Mrs. Richard Nash Tuesday night.

Mr. and Mrs. Ray Layne and Missy, Mr. and Mrs. Winifred Nash and Wendy, Mr. and Mrs. David Carson and Susan, Mr. and Mrs. Twyman Nash and Mr. Clarence Whipkey were supper guest of Mr. and Mrs. Richard Nash on Sunday.

Mr. and Mrs. Winifred Nash and Wendy ate lunch on Sunday with Mrs. Emery Dudley.

Mr. Ray Ferguson and family, Mr. and Mrs. Paul Coleman and Mr. and Mrs. Lowell Owens visited Mrs. Laura Ferguson during the week end.

Mrs. Cecil Nash, Jennifer and Cecila visited Mrs. Aubrey Evans Jr. on Saturday afternoon.

Mr. and Mrs. Edd Collins and Eric of Lynchburg spent Sunday with Mr. and Mrs. Shelby Tucker.

CORN Facts & Fancies

At one time, many people believed corn should only be planted at a certain time—by the light of the moon.

* * *

Today, people who plant corn know that herbicides are more effective than moonlight in securing a good crop. One, AAtrex 4L, is tested by Ciba-Geigy under field conditions, to assure consistant performance.

* * *

Three-quarters of all the corn moving in world trade in a recent year was grown by American farmers.

* * *

The first book ever printed on cornstalk paper was appropriately titled: *Fuel Products in Industry.*

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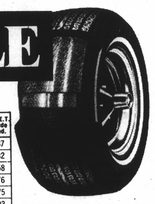

Save $11.90 to $16.65 Each On A Double Steel Belted Radial That Keeps Its Feet Even In The Rain!

'Custom Polysteel' Radial Whitewalls have eight wide tread grooves to help channel water out from between the tread and the road – for a good grip even in the rain. Gas-saving radial construction with two steel cord belts, pre-stressed polyester cord body. Act now . . . just three days to save!

Whitewall Size	Regular Price	SALE PRICE	Plus F.E.T. No trade needed.
ARR78-13	$65.70	$52.00	$1.87
DR78-14	$72.90	$61.00	$2.32
FR78-14	$79.75	$66.00	$2.58
GR78-14	$83.05	$69.00	$2.76
GR78-15	$85.20	$71.00	$2.75
HR78-15	$91.30	$76.00	$3.03
LR78-15	$96.65	$82.00	$3.34

RAIN CHECK — If we sell out of your size we will issue you a rain check, assuring future delivery at the advertised price.

Sale Ends Saturday!

A New Breed Of High Performance Radials
'Customgard GT' Radial
Four Flexten* cord belts, plus a high traction tread for outstanding response and handling.
*made from aramid fiber

SIZE	20% Off PRICE	F.E.T.
BR70 x 13	62.92	2.17
CR70 x 14	76.20	3.04
GR60 x 14	78.32	3.14
GR70 x 15	78.12	3.12

For 4-WD Owners
'Tracker A/T' White Letters
The all-wheel, all-weather, all-terrain tire that goes anywhere you want to go – on the highway and off. See it today!

SIZE	20% Off PRICE	F.E.T.
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Double Belted!
Popular Favorite...Popular Price!
$28 B78-13 whitewall plus $1.82 F.E.T. and old tire
Cushion Belt Polyglas
• 2 fiberglass belts
• polyester cord body
• bias-belted construction

Whitewall Size	OUR PRICE	Plus F.E.T. and old tire
G78-14	$30.00	$2.19
F78-14	$27.00	$2.34
G78-14	$30.00	$2.47
H78-14	$41.00	$2.70
G78-15	$40.00	$2.55
H78-15	$42.00	$2.77
L78-15	$45.00	$3.05

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ASCS Today

By Tom Conrad

Set-Aside and Grain Reserve Meeting to be Held - A set-aside and grain reserve meeting is going to be held on April 5 at 8 p.m. at one of the local schools in the county. The school in which the meeting will be held has not been announced yet, but as soon as I can find out I will send notification to all farmers in the county.

The purpose of the meeting will be to inform farmers in the county of the set-aside and grain reserve programs and hopefully to help them make a decision as to whether or not they want to participate in the programs.

Measurement Service - The ASCS office is accepting applications for measurement service. Farmers who wish to have their crop acreage measured before or, after planting may get such service for a nominal fee. Measurement service assures correct reporting at the time of certifying to crop acreage.

Flue-Cured Tobacco Warehouse Designation - The initial designation period for flue-cured tobacco continues until April 7. Upon checking our records at the ASCS office I notice that there are still some flue producers that have not designated. If you are one of the producers that have not designated, you will want to designate as soon as possible. If at all possible it would be best to designate before the April 7 deadline.

Fire and Sun-Cured Tobacco Leasing - Fire and sun-cured tobacco leasing is now in effect and will continue through June 1st. If you are considering leasing to or from your farm, it would be best to take care of the leasing just as soon as possible.

If you want to lease to or from your farm but have no definite arrangements made, you may post your leasing intention at the ASCS office on the bulletin board.

After all leasing is completed and tobacco acreage is planted, fire and sun producers will again this year need to certify their planted acreage by June 30th.

ACP and FIP Approvals - Farmers who have approved applications under the Agricultural Conservation Program and Forestry Incentives Program have been mailed their approvals. If you have any questions concerning the approval, please contact the ASCS office before you start the work.

Randolph-Henry FFA Speaker Wins

Paul Bennett, a Randolph-Henry High School junior, won first place in the 48th annual Southside Area FFA Public Speaking Contest held in the Appomattox County High School, March 23. He will represent the Fourteen-county area in the state finals at VPI&SU in June.

Runner-up was Ralph Tuck, Halifax Senior. Third place went to Kevin Harding, Amelia County. Others in the order of placing were Tommy Watson, Cherry, and Mike Gowen, William Campbell.

In the junior division, Jeff Bryant, Monelison, placed first. Mark Southall, Charlotte Central Junior, was second. Third place went to Wayne Wood, Blackstone Junior, and Mark Martin, Liberty, finished fourth.

Smokey Says:

The Forest floor is full of growing things that need protection! Its up to you . . . help prevent forest fires!

Mother, 3 Daughters Lose 289 Pounds

Credit Healthy Conway Diet

Mrs. Dorothy Sweatt and her three daughters have lost a total of 289 pounds while following the healthy, satisfying Conway 1000 Calorie Diet. Mrs. Sweatt has lost 90 pounds, daughter, Millie (lower left) has lost 104 pounds and twins (standing left and right) Sandra Cain, 30 pounds and Sally Dowling, 65 pounds.

"The Conway program has been a wonderful experience for all of us. We're looking forward to years of increased activity, self confidence and good health" says, Mrs. Sweatt.

The Conway weight reduction program consists of three main elements:

- A balanced, 1000 calorie diet that includes all food groups and exceeds the established nutritional requirements for adults.
- Weekly educational seminars that deal with the physical, nutritional and emotional causes of overweight.
- The Forever Slim plan for permanently maintaining slimness.

NEW MEMBERS — SAVE $5.00
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Coca - Cola 8 - 16 Oz. 99¢ Plus Deposit
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Martha White Corn Muffin Mix 7¼ Oz. Box 6 FOR $1.00
Chef Boyardee Spaghetti Dinner & Meat Sauce 18¼ Oz. Box 89¢
WISK Liquid Laundry Detergent 64 Oz. Bottle $2.19
Joy Liquid For Dishes 32 Oz. Plastic Bottle 99¢
Del Monte Tomato Catsup 20 Oz. Bottle 59¢

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It's our spring Sale-Away!
Special values on Health & Beauty Aids!

Acne Medicine 1 oz. CONC $1.59
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